







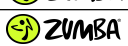




ACTIVITATS DIRIGIDES
De l'1 al 30 de setembre de 2020
Zona Esportiva Diagonal - Nova Piscina

| Inici | Final | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE | DIUMENGE |
|----------------|-------|---|---|---|---|---|--------------|--------------|
| SALA 1 | | | | | | | | |
| 09:30 | 10:20 | IBT |  ZUMBA | STEP | BODYSHAPE | GAC | | |
| 15:30 | 16:20 | TONIFICACIÓ | GAC | ESTIRAMENTS | IBT |  ZUMBA | | |
| 17:30 | 18:20 | GAC | BODYSHAPE | POSTURAL | TONIFICACIÓ | | | |
| 18:45 | 19:35 | BODYSHAPE | POSTURAL | GAC | STEP | | | |
| 20:00 | 20:50 | ESTIRAMENTS | IBT |  ZUMBA | BODYSHAPE | | | |
| SALA 3 | | | | | | | | |
| 07:15 | 08:00 | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | | |
| 08:30 | 09:15 | SPINNING | VIRTUAL BIKE | SPINNING | VIRTUAL BIKE | SPINNING | | |
| 09:45 | 10:30 | VIRTUAL BIKE | SPINNING | VIRTUAL BIKE | SPINNING | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE |
| 11:00 | 11:45 | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE |
| 12:15 | 13:00 | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE |
| 15:45 | 16:30 | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | | |
| 17:00 | 17:45 | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | |
| 18:30 | 19:15 | SPINNING | SPINNING | SPINNING | SPINNING | VIRTUAL BIKE | VIRTUAL BIKE | |
| 20:00 | 20:45 | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | VIRTUAL BIKE | | |
| PISCINA | | | | | | | | |
| 08:30 | 09:15 | |  | |  | | | |
| 19:30 | 20:15 |  | | | | | | |

Zona Esportiva Can Tintorer - Pavelló i Piscina

| Inici | Final | DILLUNS | DIMARTS | DIMECRES | DIJOUS | DIVENDRES | DISSABTE |
|----------------|-------|---|---|-------------|--|-----------|----------|
| SALA | | | | | | | |
| 08:30 | 09:20 | | POSTURAL | | IBT | | |
| 09:45 | 10:35 | STEP | BODYSHAPE | GAC | ESTIRAMENTS | POSTURAL | |
| 15:15 | 16:05 |  ZUMBA | TONIFICACIÓ | POSTURAL | BODYSHAPE | | |
| 18:45 | 19:35 | IBT |  ZUMBA | ESTIRAMENTS | GAC | | |
| 20:00 | 20:50 | POSTURAL |  ZUMBA | TONIFICACIÓ | IBT | | |
| PISCINA | | | | | | | |
| 08:30 | 09:15 |  | | |  | | |